

# NUTRITION

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## ‘Low-fat Cooking’ Cookbook

Are you having trouble cooking low-fat meals because you just don’t know how to make a recipe low-fat? Americans are consuming too much fat in their diet. High fat diets can lead to many chronic illnesses such as diabetes, heart disease and hypertension. Learning how to cook low-fat meals is one part of the puzzle of winning the battle against chronic illnesses and especially the bulge. Prevention Partners has an 82-page ‘Low-Fat Cooking’ cookbook for the price of \$5.25.

Prevention Partners’ Low-Fat Cooking cookbook provides twenty-five healthy and low-fat tips. Recipes are outlined according to meal type (e.g. appetizers, soup/salads, main dishes) and each recipe provides the amount of calories, fat and percentage of calories from fat. The cookbook has been very popular! There are many low-fat recipes available for common high-fat foods such as macaroni and cheese, stuffed sweet potatoes, Dijon chicken breast and cherry cheesecake. Below is an order form you can copy and mail to Prevention Partners to order a Low-Fat Cooking cookbook.

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### ‘Low-Fat Cooking’ Cookbook Order Form

Please Print

Name: \_\_\_\_\_ Price: **\$5.25 (Price Includes Tax)**

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Work Telephone: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Make check payable to Employee Insurance Program (EIP). Do not send cash.**

Mailing Address: Prevention Partners, 1201 Main Street – Suite 830, Columbia, SC 29201



STATE HEALTH PLAN PREVENTION PARTNERS  
South Carolina Budget and Control Board  
Employee Insurance Program  
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